



JANUARY TIP SAVINGS: Over \$480/YR
Avoided Emissions of CO₂: Over 500 lbs./YR

\$USTAINABILITY \$AVINGS TIP

LOCAL FOOD MOVEMENTS GAIN MOMENTUM

Reduce your food miles with edible landscaping or support your local grower.

Are you looking for a New Year's resolution with some impact? How about reducing your food miles? The number of miles our food travels from the grower to our plate are called "food miles." More food miles = more fuel used = more CO₂ emissions. So, think about it... by growing your own food or supporting your local grower, you'll be eating healthier and possibly even lose weight or feel better. You might even save money at the grocery store or from eating out, and all while reducing greenhouse gas emissions for the planet – talk about getting multiple benefits with one simple resolution!

***Make a New Year's resolution
to grow your own food or
support your local growers.***

Growing your own food in a garden or edible landscape also has the added benefit that your food is fresher, tastes better and will be pesticide-free. Plus a garden can be fun and rewarding for the whole family. If you can't, or prefer not to install your own garden, or if you want to supplement your harvest, visit one of the many local farmers markets, or you can buy a share of a local farmer's harvest. This relatively new concept is called Community Supported Agriculture or CSA. When you join a CSA, you basically pay a subscription fee in return for a weekly basket of seasonal produce from the farmer.

CHECKLIST FOR SAVINGS

- ☐ **To learn more** about growing your own food, attend our Jan. 8 workshop, ***Edible Landscaping: Vegetable Gardening, Herbs and More***. Visit www.mesaaz.gov/sustainability or call (480) 644-4400.
- ☐ **Find books** on gardening, square foot gardening, herbs and edible landscaping at City of Mesa libraries, or visit www.mesalibrary.org/research/living-green.aspx.
- ☐ The City of Mesa Solid Waste Management Department offers the following programs and information. Visit the Web sites indicated or call (480) 644-2221 for assistance.
 - ***Backyard Composting Program*** – compost containers are available to Mesa residents for a \$5.00 refundable deposit, visit www.mesarecycles.org.
 - ***Steps to Successful Composting*** gives you simple tips to recycle your kitchen waste into a beneficial garden amendment, visit www.mesaaz.gov/waste/successful_composting.aspx.

RESOURCES FOR MORE INFORMATION

Vegetable Gardening: The University of Arizona Maricopa County Extension has guides on vegetable gardening, soil prep and gardening seasons – (602) 827-8200 or visit www.cals.arizona.edu/maricopa/garden/pubs.htm#Vegetable.

Farmer's Markets: The Arizona Community Farmers Markets Association provides a listing of all active markets – (623) 848-1234 or visit www.arizonafarmersmarkets.com.

Community Supported Agriculture (CSA) Membership: Visit www.localharvest.org to find a local CSA.

START \$AVING

Start saving money and reduce your food miles, while doing your part for *building a sustainable community*. Visit mesaaz.gov/sustainability for more sustainability savings tips.

Learn to live Green